HEAT HURTS AND KILLS WORKERS INDOORS and OUTDOORS

EARLY SIGNS OF **HEAT STRESS**

HEAT EXHAUSTION

HEAT STROKE

High body

temperature



Dehydration (Being thirsty)



Muscle cramps



Heat rash





Headache



Nausea



Dizziness



Weakness



Irritability

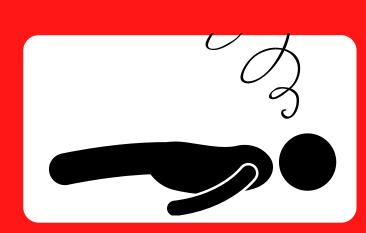


Heavy sweating





Confusion



Fainting



Convulsions



Heat illnesses get worse fast. Watch out and respond quickly to early signs of heat stress. Call 911 immediately if someone has symptoms of heat exhaustion or heat stroke.

Employers are legally responsible to provide a safe workplace under OSHA's General Duty Clause. Work with your co-workers to report dangerous heat and demand safe conditions. If your employer refuses to provide a safe workplace or threatens with retaliation you can file a complain with OSHA online, email, or by calling 800-321-6742 (OSHA).

